

# YOUR MENUS WEEK 1-3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## WEEK 1

MAIN MEAL

**Italian style beef & pasta bake** (gluten, milk)

**Chicken korma** (milk)

**Roasted chicken & gravy**

**Beef burger in a bun** (celery, gluten, soya, sulphites, may contain sesame)

**Battered fish** (fish, gluten)

PLANT POWER

**Hidden vegetable ragu pasta bake** (v) (gluten, milk)

**Chickpea & cauliflower korma** (v) (milk, may contain gluten)

**Falafel loaf with gravy** (v) (egg, gluten, milk, soya)

**Vegetable & bean burger in a bun** (vg) (gluten, may contain sesame)

**Veggie frittata** (v) (egg, milk)

SIDES

**Garden peas & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Broccoli & 50/50 rice, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Skin on roast potatoes, medley of vegetables, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Sweetcorn & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Chips, baked beans & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

PUDDINGS

**Fruity flapjack** (v) (gluten) or fresh fruit

**Berry cookie** (v) (gluten) or fresh fruit

**Yoghurt & fruit** (v) (milk) or fresh fruit

**Strawberry and vanilla mousse** (v) (milk) or fresh fruit

**Fruit jelly** (v) or fresh fruit

## WEEK 2

MAIN MEAL

**Classic pepperoni pizza** (gluten, milk, soya, may contain egg)

**Rich beef bolognese** (gluten)

**Roasted gammon & gravy**

**Taste of Asia - stir fried chicken noodles with sweet chilli** (eggs, gluten)

**Breaded chicken goujons** (gluten) or salmon fishcake (fish, gluten)

PLANT POWER

**Cheese & tomato pizza** (v) (gluten, milk, soya, may contain egg)

**Red pepper & vegetable bolognese** (vg) (gluten)

**Vegan sausage & gravy** (vg) (soya)

**Taste of Asia - stir fried veggie noodles with sweet chilli sauce** (v) (egg, gluten, soya)

**Vegetable fingers, cheese and bean wrap** (v) (gluten, milk)

SIDES

**Chef's coleslaw** (egg) our salad selection, garlic bread (milk, gluten, soya, may contain egg)

**Sweetcorn & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Zero waste roast potatoes & medley of vegetables, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Green beans, carrots, broccoli, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Chips, baked beans, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

PUDDINGS

**Carrot & ginger biscuit** (v) (gluten) or fresh fruit

**Wholemeal orchard fruit crumble** (v) (gluten) with vanilla sauce (v) (milk) or fresh fruit

**Yoghurt & fruit** (v) (milk) or fresh fruit

**Taste of Asia - plum steamed pudding** (v) (egg, gluten) with custard (v) (milk) or fresh fruit

**Mousse** (v) (milk) or fresh fruit

## WEEK 3

MAIN MEAL

**Cheese & tomato pizza with half a jacket potato** (v) (milk, gluten, soya, may contain egg)

**Traditional beef lasagne** (milk, gluten, may contain egg)

**Herby roast chicken & gravy**

**Sausage meat plait** (egg, gluten, sulphites) with gravy

**Fish fingers** (fish, gluten)

PLANT POWER

**Bean chilli with 50/50 rice** (vg) (may contain gluten)

**Mediterranean vegetable lasagne** (v) (milk, gluten, soya, may contain egg)

**Baked sweet potato with Mexican veg** (vg) (may contain gluten)

**Veggie slice with gravy** (v) (egg, gluten, milk)

**Vegan sausage** (vg) (soya)

SIDES

**Garden peas & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Broccoli & our salad selection, garlic bread** (milk, gluten, soya, may contain egg)

**Zero waste roast potatoes, roasted parsnips & carrots, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Potato wedges, sweetcorn & our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

**Chips, baked beans, our salad selection, handmade bread** (milk, gluten, soya, may contain egg)

PUDDINGS

**Peaches & yoghurt** (v) (milk) or fresh fruit

**School cake** (v) (egg, gluten) or fresh fruit

**Strawberry and Vanilla mousse** (v) (milk) or fresh fruit

**Krispie cake** (v) (gluten) or fresh fruit

**Steamed lemon sponge** (v) (egg, gluten) with custard (v) (milk) or fresh fruit

AVAILABLE DAILY

Jacket potatoes with beans, cheese (milk)

